A

LETTER

TO A

LADY

ON THE

MANAGEMENT

OF THE

INFANT.

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MUSEUM BRITANNICUM

This Book is entered at Stationers-Hall, and whoever pirates it will be prosecuted.

PREFACE.

I Flatter myſelf my friends will readily conceive, when firſt I made the ſubſequent memorandums, that they were not deſigned for the peruſal of any other perſons than my two daughters; nor ſhould I have been tempted to have made them known, had it not been at the earneſt requeſt of a young lady; who, (having the misfortune to loſe her parents when very young, and by a late marriage being removed at a diſtance from her friends,) reaſonably ſuppoſing, from my having been the mother of ſeven children, ſhe knew I had ſuckled and ſuperintended, that experience would have enabled me to give her ſome inſtructions that might be uſeful to her in her condition; from thoſe conſiderations (leſt it ſhould pleaſe God to call me before my dear children were ſettled

in life, on whoſe account I had taken ſuch pains) I determined to comply with her requeſt, and accordingly ſent her the following directions, not imagining, at that time, ſhe would have deſired me to print them; but, as I preſume, there may be ſome obſervations worthy the attention of every mother and nurſe, in juſtice to myſelf and family I could do no leſs.

To the LADIES.

MRS. BROWN begs leave to inform them, ſhe has diſcovered the cauſe of the nipples turning-in, from whence the great difficulty of opening the milk-tubes, and ſore breaſts, in general proceed.

Any lady, by applying to her, during pregnancy, at N° 29, LUDGATE-HILL, may be inſtructed how to treat herſelf ſo as to avoid theſe misfortunes; by which means ſhe will be enabled to ſuckle her infant: a ſatisfaction ſome are too frequently deprived of from the above circumſtances. — She can be eſſentially ſerviceable to ladies with their firſt child, or any who have been afflicted with ſore breaſts; which plainly proves the neceſſity of taking effectual means to prevent thoſe fatal conſequences. From repeated applications to undertake ſore breaſts, ſhe finds it neceſſary to declare, her buſineſs is to prevent, not cure, them.

Conſtant attendance is given from Ten o'clock in the morning till Three in the afternoon, Tueſdays, Thurſdays, and Fridays, only.

N. B. Her Inſtructions, with Aſſiſtants for opening the milk-tubes, to be had, at all times, at the above place.

A LET-

A LETTER TO A LADY, &c.

DEAR MADAM,

WITH respect to the treatment of your infant, although it be your request that I should offer my advice, yet I will not presume to dictate to your midwife, as I very much approve of their method in general. However, by pursuing the following directions, great advantage will be found, I make no doubt.

First then, if the child has any milk in the breasts when born, do not let it be milked out, as it may be attended with very bad consequences, and is what causes so many young ladies to have lumps in their breasts, at eight or nine years of age, which frequently terminate in a cancer; but order a little piece of tow to be dipped into some brandy and put under the arms, letting the back part of the neck and between the shoulders be washed with brandy two or three times in a day for the first week. The next thing that demands your nurse's attention is, whether there is a stoppage in the passages, of which she may convince herself by administering the corner of a child's napkin, dipped into a little warm water, sweet oil, or pomatum.

As to the dress, it should consist of a belly-band, made of a fine piece of linen cloth, doubled about three fingers wide; when the navel-string is off, put it on single; and, when quite well, omit it entirely, as the shirt, with strings, answers the same purpose. A blanket, a short loose roller, a little

gown,

gown, and one cap, are all that are neceſſary; a long ſtay may be made uſe of if you think proper, but not continued more than three weeks either night or day.

Directions for the Treatment of the Infant's Head from the Birth only.

Let the head, forehead, eye-brows, and neck, be rubbed well with a little brandy for the firſt four or five days, which may be poured into the palm of the hand; and care muſt be taken to dry the head well before the cap is put on. On the ſixth day add a few drops of cold ſpring-water to the ſame quantity of brandy you uſed before, and continue increaſing the water daily till the brandy has quite loſt its ſtrength, which will be at or about the fourteenth day: all that is neceſſary afterwards is common Caſtile ſoap and water. When the child is undreſſed at night, let the head be very gently rubbed with a ſmall piece of hog's-lard with your hand; by practiſing this method every day, it will prevent that fever in the head which moſt children are ſubject to from improper treatment, and will totally prevent

the white or yellow ſcurf from coming at all, which is attended with much trouble to ſuppreſs, and what I always thought proceeded from waſhing the head with *hot butter* and *beer*, *&c. &c.* and combing of it; or by rubbing it with flannel, which is very hurtful, as it heats the brain and increaſes the ſcurf.

If it be not convenient to you to dip your infant, (which I think very proper,) I would have you, by all means, waſh the body, loins, and legs, every day, as it will give great ſtrength to the infant. And, to ſave trouble, I have contrived a baſon,* with a partition, that the ſame water which waſhes the body, *&c.* may not be uſed for the face and head; and am convinced it would be very uſeful in every nurſery. The above method may be uſed whether the child be ſick or well; if you begin it from the birth, it will give great ſpirits to the infant, and be of ſervice while the teeth are ſhooting into the gums.

If

* The baſons are ſeven ſhillings each.

If you ſhould be inclined to recommend this method to any perſons, who may obſerve to you how much their child's head is troubled with ſcurf, you will pleaſe to obſerve that they muſt begin the operation from the birth, otherwiſe the child will catch an irrecoverable cold. But you are likewiſe to underſtand, that there is a white ſcale that always attends a fever, which the head is troubled with, almoſt three weeks after the birth; on which account, the head ſhould be kept particularly cool, as it will prevent it's breaking out, and alſo ſore ears, which are very diſagreeable, and proceed chiefly from not properly drying them and the head after it has been waſhed with ſoap and water, I am convinced, as I have prevented and been the cauſe of healing many, by deſiring the nurſe to lay the infant on its face in her lap, and then put a little ſpittle behind the ear, rubbing it gently in with her finger cloſe to the head, and wipe the head and ears quite dry with a piece of very fine rag; then put ſome powder behind the ear, blowing it off afterwards with her mouth, which will prove to her whether ſhe has properly dried the

ears

ears or not, and will keep them ſweet and clean. But, if the head be the leaſt ſcabby or ſore, it ſhould by no means be checked, as a multitude of fatal examples have proved that the forcing in of theſe eruptions is almoſt always mortal.

The tongue is ſometimes ſo cloſely tied to the lower part of the mouth, by the means of the bridle, that it is obliged to be cut: this is uſually done by nurſes and midwives with their nail; but, as this is frequently attended with fatal conſequences, I recommend the ſurgeon at firſt. The bridle of the tongue very ſeldom requires any operation, as it never ſhould be cut except when it is extended almoſt to the tip of the tongue, which is very uncommon, and therefore requires great judgement and attention; for the want of which many a fine breaſt of milk is loſt.

Beſides, there is another bad conſequence attending the tongue's not being cut from the firſt; the child only takes hold of one part of the nipple, and when cut, the infant

faſtens

faſtens ſo eagerly to the nipple that it makes it inſtantly crack, which occaſions ſo much pain to ladies, that many frequently faint away, and are too often obliged to give over ſuckling.

As ſoon as the child is dreſſed, I would have you give it of ſyrup of marſh-mallows and oil of ſweet-almonds two ſpoonfuls of each, mixed together, which ſhould be repeated two or three times in a day for the firſt few days, as it cleanſes the mouth more than ſugar and butter; the former ſticks to it, cauſes ſore nipples, and frequently throws children into the watery gripes.

Should you have over-heated yourſelf, had any uncommon uneaſineſs during pregnancy, or you or your huſband have any family complaints in the blood, as St. Anthony's fire, the ſcurvy, or gout, lay a bliſter on the child as ſoon as it is born. I am well acquainted with an eminent and ſkilful midwife, who never brings a child into the world without applying one before it is dreſſed, on thoſe very accounts, and orders a tea-ſpoonful of

gum-

gum-arabic at a time to be given diſcretionally in it's victuals or alone. In the next place, the child ſhould be put to the breaſt; if the milk cannot be obtained, let it be fed with beef-tea, water-gruel, or barley-jelly, without ſugar, regularly three times in a day, as it requires a little victuals oftener than you are aware of. But, if the child ſuck, the milk and the ſyrup (before-mentioned) are almoſt always ſufficient for the firſt week.

I am entirely againſt an infant's receiving any nouriſhment until it can be put to the breaſt; and much more ſo againſt over-feeding it with what nurſes call pap. The ſtomach is not yet fit for any other food than what nature has prepared. Art cannot produce a diet proper for the tender bowels of a new-born child; the cries of an infant are generally occaſioned by the uneaſineſs it ſuffers, either from it's dreſs or in conſequence of being over-fed: the complaints of children, in theſe early days, proceed almoſt entirely from this wrong practice. Watery gripes, offenſive ſtools, and moſt diſorders in their bowels, are altogether occaſioned by improper food

from

from the firſt; and cuſtom has rendered this ridiculous practice ſo univerſal, that the nurſes continually complain that it is impoſſible for a child to remain without food till the milk come. Let any lady make a fair and unprejudiced trial, and experience will convince her of the truth of it; nature, in no one part of the creation, is ſo imperfect as to be indebted to the wiſdom of man to rectify her works. Follow theſe rules, and where there are one hundred accidents that now happen to mothers in conſequence of milk fevers, and to children from being denied the breaſt, you will rarely find one. I am convinced of the truth of my aſſertion by experience, and therefore am the more earneſt in recommending it.

It is likewiſe neceſſary to give it three doſes of phyſic by your doctor or apothecary's order, as I am perſuaded few nurſes underſtand enough of drugs to cleanſe it properly, and particularly if it does not ſuck from the birth.

I ſhall

I ſhall now acquaint you with the diſorders moſt children are liable to in the month, which are too frequently concealed from a lady through kindneſs, but have been attended with fatal conſequences, and therefore it is very neceſſary that you ſhould have ſome knowledge of them beforehand.

Yellowneſs, or jaundice. — Many children are afflicted with this diſorder ſoon after their birth, and ſome are born ſo when the mother has had the jaundice during her pregnancy. The nurſe muſt be ſure not to neglect ſpeaking of this diſtemper; for, if proper care be not taken (and in time) the child will fall into the watery gripes, which commonly carry it off. This yellowneſs is very ſeldom paid any attention to by nurſes; but, believe me, it demands the advice of your phyſician or apothecary; for, if the diſorder goes off and returns, it is too often fatal.

Children have commonly little red eruptions in the face, which are called the red-gum, and which nurſes look upon to be natural,

tural, ſuppoſing the child will not be healthy who has it not. This too frequently happens from neglecting to procure a proper diſcharge of the firſt excrements, but keep the child moderately warm, and that will ſoon remove this complaint.

The thruſh appears in the following manner: a great many little whitiſh ulcers affect the whole ſurface of the mouth; viz. lips, gums, cheeks, tongue, palate, and throat; even the ſtomach and bowels. If theſe ulcers be of a pearl colour, clear, white, few in number, and fall off eaſily, they are of the beſt ſort; but, if they are brown, like bacon, yellow, black, hard, running together, and conſtantly appearing again, they are attended with great danger; therefore it ſhould be very cloſely watched, that it may be ſent through as ſoon as poſſible. This diſorder frequently occaſions the nipples to crack, and conſequently they will become very ſore; in which caſe refer to your inſtructions, as this diſorder will return again, and continue on infants three or four months,

months, which ſhould be paid great attention to, as it is in general attended with convulſions.

Little children, by reaſon of the ſharpneſs of their urine, are apt to fret and gall about the thighs and groin; to remove which, thoſe parts ſhould be waſhed with a little warm water, to diſſolve the acrimonious ſalts lodged in the ſkin. After which, ſtarch, diſſolved in a little cold forge-water, may be applied to the parts affected. The nurſe muſt be ſure to keep the child particularly dry and clean at this time, and not make uſe of a napkin more than once; and, if the ſores be very bad, they ſhould be dreſſed twice in a day with a little Turner's cerate, ſpread on a fine rag. A tea-ſpoonful of gum-arabic water, at this time, would be particularly uſeful to the infant, as it will greatly prevent thoſe violent fits of crying which cauſes the navel's ſtarting, and ſhould be ſtrictly attended to, as I am convinced it proceeds from a ſtoppage in the paſſage frequently, becauſe boys are more afflicted with this complaint than girls. This circumſtance, a

monthly

monthly nurſe was obſerving to me a very little time ago, informing me at the ſame time, that ſhe made a rule always to carry ſome gum-arabic in her pocket, leſt it ſhould not be at hand.

I will now convince you how neceſſary it is that the child's water ſhould be paid the greateſt attention to. A particular friend of mine was very deſirous of ſuckling; and, when delivered, ſent for me. I found her in a very violent fever; and being certain, from her ſituation, that it would be ſome days before the milk came, I told the lady I would ſuckle the infant myſelf till then, which I did two days: on the third, when I went in the morning, the nurſe told me the little boy had been very croſs, and was juſt gone to ſleep; however, I took him up, and inſtantly ſeeing he was very much convulſed, I put him to the breaſt, but he would not ſuck; I then milked a few drops into his mouth, which he ſwallowed, ſtill refuſing the breaſt, which I was well aſſured he wanted, as he had not received any nouriſhment ſince eleven o'clock the preceding

night. I gave him a tea-ſpoonful of cold barley-jelly, which he ſwallowed, took the breaſt immediately, and ſucked very heartily. During this time he ſtrained; I opened him; and, obſerving he had not done any thing, except drawing his knees up to his chin, ſcreeming, and forcing backwards very much, about a moment after he made a *ſingle* drop of water, and forced backwards again, till he was quite black in the face. In two minutes after, by a watch, he made three diſtinct drops of water more, which convinced me there was a thorough ſtoppage. I took the corner of his napkin and wetted it with my mouth, and adminiſtered it, which anſwered the ſame purpoſe as a clyſter, as he inſtantly made a great quantity of water, and had a very large ſtool, which relieved him ſo much, that the convulſions left him; he ſucked the other breaſt, and went into a ſweet ſleep for ſix hours. This child has now the jaundice, which the nurſe pays ſtrict attention to, and the child is pure well. I am more earneſt in relating this circumſtance, becauſe infants are ſo commonly taken off in a fit, which cannot be accounted for notwithſtanding they

they have been opened. Oh! that I may be ſo fortunate as to excite the ladies attention during pregnancy, as then, and then only, is the time to enable them to preſerve not only their own lives but thoſe of their dear children likewiſe.

If the child be ſubject to the hickup, which is a ſpecies of convulſion, and proceeds from the wind's getting into the ſtomach, it ſhould be put to the breaſt, that it may ſuck it away; if it neither will nor can, give it ſome warm beef-tea; if convulſed at the time, you may eaſily judge by the colour of its hands and the bottoms of the feet; for, if the convulſions be inward, the palms of the hands and ſoles of the feet will look of a very dark blue at that time, and as ſoon as the fit is off they will become of a fine peach colour. If outwardly, the child will catch and clinch its hands, the nails will turn black, the eyes be turned up, and the face drawn awry; even in this caſe be not alarmed, as theſe motions frequently proceed from wind. If the child take a diſlike to the breaſt, it in general proceeds from being

over-fed; in which caſe, give it a little chamomile-tea, or ſix or eight drops of emetic-tartar, in a little warm water, and it will very ſoon ſuck again. When it does, ſhould the child vomit, it will be of ſervice to it; and do not give up ſuckling, nor ſuffer the child to have victuals, on any account.

Some children, all the time of their early infancy, are troubled with a bearing-down of the fundament, which ſhould be attended to; it is ſeldom dangerous, and nothing but time can make a perfect cure. My ſecond girl ſuffered much on this account; therefore, ſhould it happen to yours, I earneſtly recommend the opinion of your ſurgeon or apothecary immediately, as very few nurſes or mothers underſtand how a child ought to be managed with this complaint.

At three weeks old I would adviſe you to coat the child; which, with the ſtay, ſhould be half a yard in length, the ſkirt to be one inch longer, and the frock to be rather longer than all the reſt. They ſhould all tie behind; by which means the dreſs is put on in a minute. Children, in this ſimple

looſe

looſe dreſs, would be infinitely eaſier and enjoy a much freer uſe of their limbs than when they are loaded. Nurſes entertain a ſtrange opinion about changing the linen and keeping the child clean; they imagine that clean things draw away and rob them of their nouriſhment; on the contrary, they do nothing more than imbibe a little of that moiſture which their bodies exhale, and it is of ſervice to them; therefore their linen cannot be changed too often. It ſhould be conſtantly clean every day, as it will free them from ſtinks and acidities, which are not only offenſive, but prejudicial to the tender ſtate of infancy.

Children in general are over-clothed and over-fed; to theſe cauſes the faculty impute almoſt all their diſorders. The firſt great miſtake is, that they think a new-born infant cannot be kept too warm; from this prejudice they load and bind it with flannels, wrappers, ſtays, *&c.* which altogether are almoſt equal to its own weight; by which means a healthy child is made ſo tender and chilly, that if, by accident, a door or window be left open, the child often catches an ir-

recoverable cold; and, to add ſtill more to this abſurdity, at the end of the month it is ſent into the country to be nurſed. A new-born infant cannot be well too cool and looſe in its dreſs, as it even wants leſs clothing, in proportion, than a grown perſon; witneſs the many children picked up daily in the ſtreets of London, and the many inſtances, both ancient and modern, of infants being expoſed and deſerted, who have nevertheleſs lived ſeveral days, though expoſed to the utmoſt ſeverity of the winter ſeaſon.

That you may not be at a loſs after your nurſe has left you, firſt obſerve, to avoid talking loud when the child is at the breaſt, as it affrights and makes it quit it. Should you have done ſo by chance, ſpeak in a low tone, it will look up in your face, ſmile, and, in all probability, ſuck again.

Young children are very ſubject to ſtretch; great care ſhould be taken that they do not over-ſtretch themſelves. To prevent it, put your hand to the bottom of their feet, but by no means baulk them, as it makes them grow

ſtrait.

ſtrait. There is another thing that particularly demands your attention; that is, not to ſuffer the nurſe-maid to lift the child's legs too high, when ſhe puts on a napkin, as it weakens the loins very much, and makes the back-bone grow out. Young children frequently foul themſelves up to the top of the ſtays, in which caſe, and in ſhort whenever the bottom is waſhed, let the child be laid on its belly, becauſe the cold water that it is waſhed with will give great ſtrength and ſpirits to the child. When you take an infant of five weeks old in your arms, ſit as upright in your chair as if at your harpſichord; from that poſition you will have the full uſe of your arms; dance it from thigh to thigh, which you will find will give it a notion of ſtepping.

Children are ſubject to various accidents at their firſt coming into the world, which fall more immediately under the notice of the phyſician or ſurgeon; but, beſides the natural infirmities of infants, there are others, in reſpect to which one caution I earneſtly recommend to thoſe who have the care of them; which

is, if, at any time, by careleſſneſs or accident, the child ſhould receive any hurt, as by a wrench, ſlip, fall, &c. that they by no means conceal it, but immediately make it known to you, as they value their own reputation, your favour, or the welfare of the infant. Therefore, when any of theſe accidents happen, ſend immediately for thoſe perſons whoſe proper province it is to conſult their preſervation, and not let the little innocent ſuffer for want of timely aſſiſtance. Many deplorable inſtances of ſuch neglect are daily to be met with, ſome of which probably might have been prevented, if proper means had been uſed in time.

This brings to my mind a circumſtance which I ſhall mention, though at the ſame time I am convinced I ſhall be highly blamed by a judicious nurſe for being very careleſs. Her cenſure I ſubmit to with cheerfulneſs, as I ſincerely hope no child will ever experience the like narrow eſcape of being ſuffocated as one of mine did, when ſix weeks old. I went to ſpend a day with a friend in the country, and took my youngeſt girl and

my

my infant with me. The evening proving wet, we ſtaid all night; and, not having a ſervant with me, I got up early in the morning to dreſs my child, whom I had ſuckled and put to ſleep on the bed; but, being uſed to a cradle, I forgot to pin him to the pillow while I dreſſed his ſiſter. I deſired a little boy, who was ſtanding by me, to go and liſten whether the baby cried. He brought me word that it was faſt aſleep. I then took the opportunity of dreſſing myſelf for the day, during which time I deſired my little girl to go and look at her brother; who returned and informed me ſhe could not ſee him, but heard him cry very faintly. I inſtantly went into the room; and, to my great ſurprize, found the child at the very bottom of the bed. He had cried till he was almoſt dead, and ſweat dropped off him very faſt. It would be needleſs to ſay what were my ſenſations at this unexpected ſight; however, I took him up and wrapped him in my apron, and went and ſat down by the fire, but not ſo cloſe as to heat or make him more faint. I applied warm napkins to his head and hands, and likewiſe put one under his

chin.

chin. To all appearance at this time the child ſeemed dead, and every one about me pronounced he was quite gone. I begged a tea-ſpoonful of hartſhorn, and had it put into a pint baſon with ſome boiling water poured on it. I kept the infant in my lap, ſitting upright, ſtirring the hartſhorn and water with the tea-ſpoon, and opened the child's mouth with a feather, that the ſteam might be received in the ſtomach; by which means, in a few minutes, we could perceive ſome ſigns of life. The lady, whom I was with, was very deſirous I ſhould give him the breaſt; "No, no, ſaid I, how un-"reaſonable is it to ſuppoſe he can have "ſtrength enough to ſuck yet, when there "are only ſuch ſmall ſigns of life? be kind "enough to mix me a little warm milk and "water, and give me another feather, and "let us try whether the power of ſwallowing "be yet obtained." Nine or ten times did I repeat the experiment, but could not perceive he ſwallowed. I then took a little hartſhorn and water and waſhed his face, but was particularly careful not to touch the noſtrils, only rubbing the forehead, temples, and round

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the mouth, with my finger; during which time the ſervant kept ſtirring the baſon under his noſe, I then tried the milk and water again with the feather; and, to my inexpreſſible joy, he ſwallowed ſome. By conſtantly wetting his mouth with the feather he revived very faſt. But, before I put him to the breaſt, I convinced myſelf whether he could take the quantity of a tea-ſpoonful of drink; which, by a clock, he was five minutes in doing.

Now, had I raſhly put him to the breaſt, or been over-perſuaded by my friend, I ſhould have inſtantly deprived him of what little breath he had. Beſides, after ſo great a fright, experience, though ſo dearly bought,* convinced me I ſhould firſt make water, drink ſomething warm, and draw my breaſts, before I ſuckled; after which I put him to the breaſt, and his little mouth drew a draught, which he received with a ſweet ſmile. He ſucked heartily, went to ſleep, and did not awake for ſix hours, which refreſhed him ſo much, that in the afternoon he was as briſk and well as ever. If hartſhorn had not been,

* Refer to my Letter to a Lady on the Mode of conducting herſelf during Pregnancy.

at hand, an onion would have anſwered the ſame purpoſe.

But to proceed: in caſe the milk be thrown up in a curdled ſtate, a ſmall quantity of ſalt in the victuals, or now and then a tea-ſpoonful of ſalt and water, will greatly prevent it; a circumſtance I would wiſh to have attended to, as many children are ſubject to this complaint, and it is a method I have ſeldom known to fail, unleſs they are greatly over-fed. Whenever a child throws up the milk, it is to be conſidered as a complaint, and particularly ſo if it appears curdled. In this caſe, ſometimes the ſtomach abounds with too great an acidity, but more frequently is loaded and oppreſſed by the quantity of food which has been given to the infant: in either caſe, ſend for your apothecary, that he may order ſomething for it's relief; otherwiſe, by not checking the diſorder in time, you will moſt likely throw the infant into convulſions or the watery gripes. How many ladies are bleſt with fine children, without a blemiſh about them, at their births! and yet, before many months

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are elapſed, for want of prudent care and proper nouriſhment, do they not waſte away and die? I need not ſay more, the tears of many of my readers, at the unhappy recollection, will ſufficiently confirm the fact. Let not man, in the vanity of his heart, triumph in a ſuperiority over our ſex, for to us alone it belongs to lay the foundation, not of what they are now a-days, but what they ſhould be, healthy and ſtrong.

The time of day an infant is dreſſed in general is about eleven or twelve o'clock, which I look upon as an improper time; it ſhould be early in the morning, as it refreſhes the infant, gives it ſpirits, and an appetite for its breakfaſt: when dreſſed, if not ſleepy, ſend it into the air, at that ſeaſon of the year only when the ſhortneſs of the days, and the inclemency of the weather, will otherwiſe prevent it's enjoying the benefit of it at a proper time of day. In ſummer it is not material. One good hour's nurſing early in the morning is of more ſervice to the child than three in the middle of the day. At ſix weeks old it ſhould have no other covering,

to ſleep in, than a ſhirt, and a little ſhift or bed-gown, half an ell long, and not be encumbered with all thoſe bandages and ridiculous contrivances that are generally uſed, as if nature had produced her chief work, a human creature, ſo carelеſſly unfiniſhed as to want thoſe idle aids to make it perfect. Should it not be kept cool, as much ſtrength will be loſt in one night as is gained in two days. It is a great misfortune for children to be brought up too tenderly; for, ſhould they hereafter be forced to encounter with difficulties, how little capable will they be of ſubduing them! The child thus ſoftened by tenderneſs moſt commonly grows up too delicate and feeble to contend with hardſhips.

Feed your child as directed, and keep it to regular hours, and cool in the night; you will then have little or no trouble about that time. Should the child be well, it will endeavour to ſtep up the nurſe's ſtomach, and get on her head. Is it not then abſurd, that it ſhould be clothed in ſuch a manner as to deprive it of the proper uſe of it's limbs? which is too often the caſe, from the com-

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mon mode of dreſſing, at leaſt ſix months. Could we but overcome the prejudices of the times, and aboliſh unnatural and abſurd practices; or could we but reſtore that natural and ſimple rule of rearing children which the all-wiſe Giver of life has ſufficiently pointed out; all would be well. How did our firſt parents ſhelter themſelves from cold? The Scripture informs us, that they came naked into the world; and, had they not touched the forbidden fruit, they would never have known the want of clothing. Nature fully points out to us to keep ourſelves cool: and the great folly of childrens wearing long clothes I attribute to an erroneous notion, which had its riſe from that paſſage in Scripture, where we are told, "our bleſſed Saviour "was wrapped in ſwadling clothes, and "laid in a manger, as there was no other "room for him in the inn." At that time the reaſon was juſt, it being the depth of winter. But, ſurely, there can be none given now for clothing a child ſo hot, who is confined for the firſt month at leaſt, and ſometimes almoſt a quarter of a year, either to the lying-in room or nurſery; which, in general, may

may be more properly compared to an artificial hot-bath than to any other place.

It is a miſtaken opinion to ſuppoſe that an infant will ſleep the firſt quarter; ſome may; but, believe me, it is not natural, but frequently proceeds from the thruſh's not being properly carried off, or it's returning again, which is uſual, and ſhould be ſtrictly attended to.*

The firſt four months are the time to give infants a notion of their feet; but, at two months old, if you ſuffer the child to ſtand on your left thigh, you will find it move forwards, and put out its feet to ſtep; you may then, with ſafety, put on the nurſe-maid's relief; which I have ſo contrived, that it takes off the whole weight of the child, and may be worn at all times. It grieves me much to hear a parent deſire the nurſe to take the child; and, becauſe it is ſo heavy, ſhe cannot hold it: there are, indeed, perſons who have declared their averſion to children; but, alas! they are ſtrangers to the feelings of parental fondneſs. With reſpect

* My laſt child had the thruſh from the firſt fortnight to the turn of the fourth month.

reſpect to my own little ones, I always ſuffer them firſt to crawl on a carpet, permitting them to tumble about as much as they pleaſe; by theſe means they exerciſe their body and limbs, which will prevent their continuing in one poſition long enough to hazard a diſtortion from too great weight of body. I likewiſe greatly approve of a go-cart, when your child is ſeven or eight months old: provided you follow my directions with regard to having it danced from thigh to thigh from the firſt, and uſe it to the nurſe-maid's relief, you may with ſafety put it into it, as I am perſuaded you will find it very convenient; as the child will, by degrees, learn to walk upright, which it's own inclination, in imitation of thoſe about it, will prompt it to, full as ſoon as nature deſigned. For the firſt fortnight that you make uſe of the go-cart, I would have the cart tied to the leg of a table or chair, after the child is in it, that it may feel its feet properly. If you do not obſerve this caution, but ſuffer the cart to run on the floor at firſt, you may very likely intimidate the child, and give it a diſlike to it.

There are very many bad conſequences attending an infant's being neglected at this time, one of which I wiſh to caution you againſt in particular; I mean the falling into the rickets; as this diſorder moſt frequently affects children from ſeven and nine months to two years and a half old. The child at the beginning is ſeized with an averſion from motion or exerciſe of any kind; the joints grow feeble and weak, the fleſh ſoft, the head over-large, and the child's capacity exceeds its years; the belly is hard and very prominent; the bones of the arms and legs grow crooked, and are knotty at the joints; therefore, in juſtice to yourſelf and child, particular attention ſhould be given to it for the firſt twelve months, which will fully employ the time of any one perſon; by ſuch means you will, in all probability, have your child out of arms in that time; but, by a contrary practice, it may be almoſt two years. You will eaſily judge, by taking it into your arms occaſionally, whether it be properly nurſed or not. Some ladies are ſo particular, that they think a child ſhould not be ſet on its feet till the ex-

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piration of the firſt eight months, which is a falſe notion; for, as I obſerved before, the firſt four months the child ſhould exerciſe it's limbs. After that time (and in many children before) the teeth are ſhooting into the gums, and that is often attended with worſe conſequences than actual teething itſelf, becauſe an infant is ſubject to the ſtrangury; and the parent's not knowing that circumſtance is what occaſions children to be ſo ſuddenly taken off, from the age of four months to three years old; an inſtance of which I will relate; but, before I proceed, I beg leave to ſay ſomething concerning their being put on their feet. With reſpect to the time, the ſtrength of the child muſt determine that period. Of this be aſſured, that all children will ſhew an inclination to walk as ſoon as their bones have acquired a firmneſs ſufficient to ſupport the body. I am convinced many heavy children are injured by exerting their feeble efforts to walk too ſoon. Doubtleſs, it is a convenience and eaſe to nurſes to ſet them upon their feet, as they do not then require exerciſe in the arms, and conſequently are not ſo great a trouble and fatigue to thoſe

who have the care of them. But it is a practice entirely to be condemned, and what I particularly caution you againſt, becauſe, whoever you may have to attend upon your children, they will certainly encourage them to walk, for the reaſons juſt mentioned.

A perſon, who takes in children to nurſe, whoſe houſe I had occaſion frequently to paſs, taking notice of my little boy, then in arms, led me naturally to enquire after her nurſing child, whom I had often ſeen, and remarked to have been a fine boy: this poor woman dropped a tear, and ſaid the child was dead. The agitation of mind ſhe then appeared to be in would not permit me to aſk any other queſtions; but, as I was paſſing in the evening, I took the opportunity, while ſhe was ſtanding at the door, of enquiring if he had been ill long; ſhe ſaid he had not: and of what age he was; ſhe anſwered about five months; adding, that he had two teeth which looked ſo blue that ſhe had no doubt but they would have been cut the next day; which led me farther to aſk concerning the child's water: firſt, whether ſhe perceived

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any ſtoppage; ſecondly, if he cried before he made any; and thirdly, when he did, if it was not extremely hot; really, ſaid the woman, I did not take ſufficient notice. Another perſon, who occaſionally aſſiſted her, and was then confined to her bed, in the next room, (overhearing the converſation,) deſired I would walk in; when ſhe informed me ſhe recollected that the child not only cried when he made water, but the water was ſo extremely hot that it almoſt ſcald him; but that that was common. They then ſent for the apothecary; but, before he could come to their aſſiſtance, the child was carried off in a fit, occaſioned by the ſtrangury; which he being unacquainted with directly pronounced to be occaſioned by the two teeth. A reflexion upon this caſe, I take for granted, is entirely needleſs; as it is evident, had the teeth been cut in due time, and his water paid attention to, this fatal accident had not happened. As a farther proof, I will give you an inſtance of a child of twenty weeks old, I was called in by a neighbour to look at, whom I found in a violent fit of crying, in which he had been above two

hours; obſerving the child's knees drawn up to his chin, I was induced to aſk if he had made water in that time; I was told he had not. In about an hour after I looked in again, and found the child in a ſound ſleep; and, upon enquiry, I was informed he had been very uneaſy before he made water; but, as ſoon as he had, it relieved him, and he became compoſed; and, as in the caſe before-mentioned, his thighs were almoſt flead by the heat of his water. In conſequence of which, I adviſed her to give him ſome gum-arabic water, which had the deſired effect. The following day ſhe perceived the two under teeth look blue, which I recommended her to rub with her gold ring; ſhe did, and they came through with great eaſe. Encouraged by the gum-arabic's carrying off, by urine, the fever incident to thoſe caſes, ſhe has continued it ever ſince, giving him a teaſpoonful at a time in every thing he eats and drinks; and he is now a fine boy. But this you are to underſtand, that boys are more afflicted with this complaint than girls; and his grandmother is of opinion that his life was ſaved by paying proper attention to his

water, as he had many times before lain ſixteen hours without wetting his napkin, notwithſtanding he ſucked.

Breeding of teeth is fatal to ſome children, though not naturally ſo; for, whatever fits, fevers, or other dangerous ſymptoms, attend this work of nature, they are generally the effect of too great fulneſs, or the corrupt humours of the body, put into agitation by the anguiſh which the tooth cauſes in forcing it's way through the gums, which never happens without ſome pain, and poſſibly a little fever. But, if the blood be perfectly ſweet and good, both will paſs off imperceptibly, and without any bad conſequence whatever; which gives me reaſon to think the evil is not natural, but commonly brought on through the imprudent management of the nurſe, and wrong treatment of the head, which I have had convincing proofs of in my own children, as my three firſt cut their teeth with a violent fever in their heads, inſomuch that almoſt every tooth was lanced; and, to the beſt of my remembrance, they had not one, till near ſeven months old, nor a bit of hair on their heads till near fifteen months old;

but, on the contrary, my three laſt cut their teeth without the leaſt trouble; and the firſt, on whom I tried the experiment, had all his teeth but the four very back ones, and a very fine head of hair when he was only thirteen months old; and the laſt, (a boy,) whom I buried of the ſmall-pox, in the natural way, at eight months old, had ten teeth cut through, and went without a cap when he was between five and ſix months old. Scabby eruptions of the head and face, and running of the ears, are common to ſome children; when that happens, the nurſe's principal care, in theſe diſorders, ought to be, to calm the impatience of mothers, whoſe fears are not eaſily alleviated when they ſee their children in this condition, as they imagine what ever renders them diſagreeable ſhould be removed as ſpeedily as poſſible; but, ſince theſe diſorders are the conſequences of a ſalutary operation, by which nature endeavours to depurate the humours, they ſhould be by no means checked, ſince (as I obſerved before) a multitude of fatal examples evince, that the ſtriking in of theſe eruptions is almoſt always fatal. Therefore, at this par-

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ticular time, the greateſt attention ſhould be paid to the mother's or nurſe's milk, and the child's ſtools, in order to diſcover whether they are white, green, or bilious; or whether they are remarkably thirſty, and conſequently feveriſh. Theſe intimations are in general ſufficient to enable the perſon, who has the care of children, to preſcribe for them with ſucceſs. But I would recommend to every mother and nurſe conſtantly to feel the child's pulſe once a day, that they may judge whether it be in health or not. For my own part, though I do not profeſs any ſkill, yet, by accuſtoming myſelf to theſe methods, of feeling the water, examining the ſtools, countenance, *&c.* I am able to form a better judgement than moſt people would imagine. I am indebted to a very eminent phyſician for the hint, and I do verily believe it is a very eſſential one to any perſon who has the care of infants; for, whoever obſerves, with attention, thoſe ſymptoms, will find that the method of treating the diſorders of children with propriety is by no means ſo difficult as it is imagined; and it is very abſurd to ſuppoſe the faculty do not underſtand

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the diſorders incident to infants, as in many inſtances you will find their opinion requiſite; and, ſhould that be the caſe, I earneſtly intreat you will make it a rule to aſk in what manner he expects the medicines to operate: they will all acquaint you; but ſome, through the hurry of buſineſs, omit it, by which means they are often under the neceſſity of attending a ſecond time, to ſatisfy the doubts and fears of the nurſe; who, from the child's having two or three motions in an hour, and being perhaps frequently ſick, alarms herſelf with apprehenſion of danger; though, at the ſame time, it may be quite neceſſary, and the infant could not be relieved without.

I was greatly alarmed, in a ſimilar caſe, with my *ſeventh* child, and ſhould have been more ſo, had it not been for my mother, who told me, the medicine, the apothecary ſent, would take the effect as above-mentioned: or, probably, by means of the fright, I might have loſt my milk; inſtances of which have been frequent. As ſoon as you have given the medicines, (for they do not always operate alike,) put a double napkin round its neck,

and

and lay it in your lap at leaſt an hour; it poſſibly may fall aſleep; if ſo, the better; and it is a great chance, when it awakes, if it be not ſick, or have a motion; perhaps both; it may otherwiſe paſs off by urine, in which caſe, ſhould it be a little convulſed, do not alarm yourſelf, as it will not be of any bad conſequence.

Should the child be in a cold clammy ſweat, do not let it make you uneaſy. Apply warm napkins to the neck, face, hands, and bottom; lay your hand on the navel, and gently rub the ſtomach, carefully avoiding to over-heat the child; as ſoon as it is eaſy it will reward your tender care with a pleaſing ſmile; endeavour to compoſe it, and then you may, with ſafety, put it in the bed or cradle, taking care not to diſturb it on any conſideration: ſhould it ſleep five, ſix, or eight, hours, be ſure, in that time, to draw your breaſts twice, as every diſagreeable circumſtance injures the milk, and more children ſuffer by that omiſſion than you are aware of. Among the number, I loſt a fine boy of my own by that neglect. Therefore,

always

always have your glaſs-aſſiſtant at hand. No nurſery ſhould be without one. If the milk be perfectly good and ſweet, keep it warm, and give it the child when it wakes. I have obſerved in my own children, when ill, that they have often taken a little warm victuals or drink, becauſe the fatigue of ſucking has been too great; but, as ſoon as a child finds itſelf eaſy, it will readily receive the nouriſhment from the breaſt, deſigned by nature.

If the child's water appear of the colour of milk, neglect not to give it the gum-arabic three or four times in a day, a tea-ſpoonful at a time, as you may be aſſured it has either caught cold or is about it's teeth; in either caſe it has been found of great uſe, unleſs it operate as a purgative, which is very ſeldom. If it do, ſend immediately for proper aſſiſtance, as you may be aſſured there is a diſorder which muſt be carried of, or in a few hours the child may be deprived of the uſe of it's limbs; an inſtance of which I had in one of my boys: when about two years and a quarter old, he was perfectly well at four o'clock in the afternoon, when laid to ſleep,

but

but awoke in a violent fit of crying; I aſked him if he wanted to make water; he ſaid no. In about ten minutes he did, but with great difficulty; and what came from him was as white as milk, or chalk and water. When I ſet him down on his feet, he inſtantly fell; thinking he muſt have received a hurt, and being greatly alarmed, I mentioned it to my phyſician, who deſired I would ſet him down again; he then ſaw the child could not ſtand, and ordered him to be undreſſed and examined all over, during which time he made water a ſecond time, which convinced the doctor the complaint was the ſtrangury. Notwithſtanding his having inſtant relief, he did not recover the uſe of his legs for three or four days, and was very feeble about a week.

I will now give you a proof how much this diſcovery is eſteemed worthy the attention of parents. A lady came to purchaſe the nurſe-maid's relief, and I told her, with permiſſion, I would read the particulars of a complaint which would be very uſeful to her little ſon. I then proceeded from page 36 to page 45: when I had finiſhed, the lady's

mother and ſiſter, who were with her, ſaid, that, had I been an eye-witneſs to a nephew of theirs, I could not have explained the caſe more fully; and that, although ſhe was the mother of thirteen children, ſhe was quite a ſtranger to that diſorder. I ſhould be greatly wanting in gratitude, if I did not acknowledge this token of theſe ladies approbation.

Good nurſing is a point which has hitherto been much neglected or miſtaken; but, believe me, it is of the greateſt conſequence; for, if we obſerve the fatality amongſt children, which the bills of mortality preſent for our ſerious conſideration every year, we ſhall find, upon an average, that three-fourths of the children, born in this metropolis, die under two, three, and five, years of age, more than at any other period of life. How ardently, therefore, is it to be wiſhed that ſuch a fatality could be prevented! It may, in a great meaſure, I am clearly convinced, and by proper attention only, which is a fact that ſcarcely any one will deny, after they have peruſed this Letter: 16283 are, upon an average, the annual births; 10145 the infant-burials;

and

and what deſerves particular attention, 7989 are cut off before they are two years old, which are more than three-fourths of thoſe children who die under five years of age. Is it not affecting that ſo many children, juſt entering into life, ſhould be ſo untimely cut off, to the detriment of ſociety, and the affliction of their parents? It is truly a ſubject of ſerious concern, a ſcene which muſt draw a ſilent tear from the eye of humanity; for, in my obſervations upon children that are loſt between the ages of *four* months and three years old, I have found that they are generally carried off either by ſudden fits, or what is called a tooth-fever; *weak nerves*, or a waſting of the body; the ſigns of this diſorder are a hard ſwelling of the belly, loſs of appetite, and a waſting away of the body as in a conſumption; which, if attended with a ſtoppage in the paſſages, too often proves fatal. Some little time after the above obſervations, I met with a gentleman of the faculty, a father of a large family, whoſe opinion I aſked concerning a child having the ſtrangury, and at what age; he ſaid at or about two years old. The earneſt manner in which I put the

queſtion

queſtion to him led him, I ſuppoſe, to aſk me whether I had any reaſon, from the experience I had had in attending my own children, to imagine it appeared before; I evaded the queſtion, as at that time it did not ſuit me to make the confeſſion, well knowing it would be of great advantage to every perſon that purchaſed the nurſe-maid's relief of me, as I then intended to make a point of convincing them how neceſſary it is for a parent or nurſe to have the gum-arabic water by them for the firſt three years; and, if you are out of it, make ſome parſley-root tea, and give the child a pap-ſpoonful now and then, as you find occaſion, or till proper aſſiſtance can be had; during which time the infant ſhould be frequently waſhed with warm water, to prevent the urine from fleaing; which, if you obſerve, will be almoſt ſcalding hot at the time the fit is on. Delays are always dangerous, with reſpect to diſeaſes, even in grown perſons; but they are much more ſo in children, becauſe they have not equal ſtrength, and conſequently ſooner ſink under bodily infirmities.

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It is a cruel reflection upon the honeſt part of the medical profeſſion, that practitioners conſult the number of their fees, or the length of their bills, more than the health of their patients. Such iniquity is but very ſeldom, I dare aver, if ever, practiſed; and, as few perſons employ any but thoſe of whom they entertain a good opinion, let me warn you, as a friend, not to indulge a ſuſpicion which betrays a mean ſoul; and moſt probably will, at ſome time or other, produce fatal conſequences to ourſelves.

The preſent ſyſtem of nurſing, I recommend, is intended only to manage children ſo as to prevent illneſs; and it has coſt me no ſmall pains ſince I began to make the above obſervations; which, if effected to the ſatisfaction of a lady who does me the honour to purchaſe the nurſe-maid's relief, I am amply rewarded for my trouble, as my motto is, Live and let live.

It is not my province to enter into a deſcription of the teeth, but ſhall ſpeak of them in

general, ſo as to give a complete idea of the precaution I mean to recommend. There is alſo great uncertainty with reſpect to the exact time of infants ſhooting any of their teeth; but this alſo, I believe, chiefly depends upon the ſtrength of the conſtitution; and, if the rules laid down in this Letter be properly obſerved, you will generally find children cut all their teeth by the time they are about two years and a half old; you will likewiſe rarely meet with an inſtance of their being then cut with difficulty. It has been already noticed, that the reaſon of their being ſo backward in their teeth, and that ſo many children are loſt on that account, is greatly owing to a weakneſs of body and a *ſtoppage* in the *paſſages*. Yet, where the conſtitution is not ſtrong enough of itſelf, as a great aſſiſtance may be obtained by lancing the gums, let not a falſe tenderneſs prevent you from allowing ſuch relief; as little babes ſuffer by the cutting of their teeth, this operation is not to be deemed pain; for, if you put any thing with a ſharp edge into their mouths, they will ſave you the trouble of cutting, by preſſing their gums hard againſt the inſtrument themſelves. Never let a prejudice

judice like this hinder you from relieving ſuch little helpleſs creatures. It may not be unreaſonable in this place to give ſome advice, which thoſe, who lance teeth, would do well to obſerve, for too great *caution* or *ignorance* in the operation frequently fruſtrates the intended benefit; therefore, let me adviſe you not to depend upon old women, or nurſes, who undertake to perform it with crooked ſixpences, and ſuch like ineffectual means. Parents cannot be too careful in this particular, for I have often obſerved ill conſequences from the too great caution before mentioned.

Thus you will avoid an evil that ſweeps away great numbers; for, if a child be bloated with fat, which too frequently happens when it is improperly fed, the parents and their friends call it a fine child, and admire how it thrives. When, alas! (as Dr. Hugh Smith juſtly obſerves, in his Letter to married Women,* the peruſal of which I earneſtly recommend to every lady,) that very fatneſs is the diſeaſe which renders it's conſti-

* Sold G. Kearſly, Numb. 46, Fleet-ſtreet, price 3s. 6d.

tution thus feeble; for he ſays, "If the "butcher did not kill his lambs and calves "when they become immoderately fat, they "likewiſe would die as frequently as chil-"dren;" for the truth of this I would have you refer to his table of births and infant-burials.

In order to keep the mouth cool, (when you perceive the child is about it's teeth,) the firſt thing given it, in a morning, ſhould be a tea-ſpoonful of cold ſpring-water. Biſcuits, ſweetmeats, ſugar-plumbs, *&c.* all tend to ſpoil the appetite, and are highly improper. Where is there a child, unaccuſtomed to ſuch indulgence, that would not be equally pleaſed with a cruſt of bread? but, however, this great error, to the credit of good mothers, is of late years much corrected.

The gravy which runs out of meat upon cutting, when brought to table, is exceedingly wholeſome, being nothing more than the pure juice of the fleſh. A few ſpoonfuls of this beef or mutton gravy, mixed with an equal quantity of boiling water and a little

ſalt,

ſalt, make very good broth. I mention this, becauſe freſh meat cannot always be procured; and I have found it very uſeful among my little folks.

Many people think the vermin, which are found in childrens heads, proceed from the neglect of combing or keeping them clean; but give me leave to inform you it is a miſtaken notion, as the human body often breeds them, let the children be ever ſo clean and neat. Many infants have them from their *birth*, but they are of ſo *tranſparent* a colour that, if the infant has a great deal of *weak hair*, it is almoſt impoſſible for the nurſe to diſcern them; which too often occaſions a falling into a dreadful leanneſs, and at laſt death, by a ſlow fever or ſore head, without your being thoroughly convinced from what it proceeded. I am certain this calamity may, in a great meaſure, be prevented, by treating the head according to my directions from the birth; but, if it be ſcabby, the cure ſhould be confined to waſhing it with Caſtile ſoap and warm water for about a week or ten days,

during which time the child ſhould take three doſes of ſtrong phyſic.

Having been offered ten guineas, by a monthly nurſe, for a thorough explanation of the diſcovery of the ſtrangury, and of the treatment of an infant's head, I went to a phyſician of eminence, to requeſt the favour of his opinion; he told me he could not be convinced of the utility of my method till he had experienced it, which muſt be ſome years. He then hinted an inclination to find out the cauſe of the *nipples turning-in, &c.* of which I ſhall treat in another Letter,* as I hourly ſee how many ladies are ruined in their

* A Letter to a Lady on the Mode of conducting herſelf during Pregnancy: alſo on the Management of herſelf and Infant during the Month. — Alſo another Letter to a Lady on the beſt Means of obtaining the Milk, in Order to the Suckling of the Infant: with a Method to prevent the Nipples turning-in, whence the great Difficulty of opening the Milk-Tubes, and ſore Breaſts, in general proceed. And likewiſe how to form the Nipples again; after they have been ſo; which will enable a Lady to ſuckle without Difficulty in future.

The ſubſcription, for theſe Treatiſes, is One Guinea, which entitles the ſubſcriber to Mrs. Brown's opinion, whether ſhe can or cannot ſuckle.

their health by not ſuckling their children, and what numbers are continually ſacrificed by unſkilful methods of treatment after delivery. The peruſal of which, I hope, will, in ſome meaſure, compenſate to a child for the loſs of a parent at ſuch a time; for, although it is a bleſſing I have enjoyed, yet it is a ſatisfaction no one can inſure to themſelves.

I now give up every diſcovery to the ſervice of the ladies, as I would wiſh them to *direct inſtead of being directed*, which has hitherto been too much the *caſe*. Were the above plan of nurſing ſtrictly followed, and the child kept clean and ſweet, I am certain, that, in ſix or eight months time, moſt children would become healthy and ſtrong, would readily find the uſe of their legs, and very ſoon ſhift for themſelves.

Shoes and ſtockings are not in the leaſt neceſſary till the child be able to run about, for they keep the legs *wet* and *naſty*, if they are not changed almoſt every *hour*, and often cramp and hurt the feet; beſides, a child would ſtand firmer, and learn to walk much

ſooner, without them. I do not approve of a back-ſtring; nor do I allow a child to run alone till it can get up of itſelf after falling; neither do I ſuffer any body to take it off the ground when young. Should you accuſtom them to that, they will lie and ſcream till you do: if, on the contrary, no notice be taken, they will get up of themſelves, go to play, and not mind a fall ſo much, even if an accident happen by it.

When you take the child off the bed, or out of the cradle, after ſleeping, it ſhould not be ſet on its feet immediately, as it is apt to make it croſs: the feeble ſtate we ourſelves are in, on our firſt getting out of bed, plainly ſhews the utility of the above caution; you will, therefore, do well to ſet the child in its chair, and divert it for five minutes; after which time it may, with ſafety, be allowed to go to play.

I hope, by theſe inſtructions, which you have under my hand, you will be a better

nurſe

nurſe to your firſt child than I was to my fifth; that it may prove ſo, is the ſincere wiſh of,

Dear madam,

Your obedient

Humble ſervant,

Number 29,
LUDGATE-HILL.

Sarah Brown.

RE-

RECEIPTS

REFERRED TO IN THE

BODY OF THE WORK.

Receipt to take a Mark off a Child.

PUT a pewter plate into the ſtand,* and ſend it to the baker's, that it may be put into the oven as ſoon as the bread is drawn: the ſteam that drops from the plate is to be received in a pint baſon, and then poured into a phial: keep it in a warm place; and, with this, bathe the mark with a feather, at leaſt ſix or eight times in a day, till it is quite worn off.

The Gum-Arabic Water.

INFUSE three ounces of gum-arabic in half a pint of boiling-water; keep it ſtirring a

* The ſtand may be had of the Author, (Numb. 29, Ludgate-Hill,) the only inventor.

a few minutes, it will diſſolve: put it into a well-glazed pipkin, and give it a boil up for about five minutes. Then put it into a phial to keep it clean and fit for uſe. In winter it will keep good a month, but in ſummer it muſt be made freſh and freſh.

Beef-Tea for an Infant.

POUR, on a quarter of a pound of lean beef, a pint of boiling water; let the beef boil in it about five minutes; then take it out, and put in a large piece of upper cruſt of bread, the ſtaler the better: give it a good boil up; do not beat it too fine after the firſt ſix weeks: add to it a few grains of ſalt.

For a violent Burn or Scald.

TAKE two large table-ſpoonfuls of cold-drawn linſeed oil, beat up with the white of an egg, and bathe the part with it two or three times in a day.

For a ſcabby or ſcald Head.

MIX two-pennyworth of red precipitate with ſix ounces of the beſt Epping butter, and

and anoint the ſore with it at going to bed; in the morning look at it; and, if you think it has drawn, try to raiſe the ſcab with a feather, and let the matter out: if not, anoint the ſore again with a ſtiff feather; repeat it continually till the ſcab comes off of itſelf, and it will make a perfect cure.— Phyſic muſt be given conſtantly till the cure be completed.

AN ACCOUNT OF THE ADVANTAGES RESULTING FROM THE NURSE-MAID's RELIEF.

IN the first place it is to be observed, that this *happy invention* takes off, in a great measure, the weight of the child from the nurse's arms, who is thereby enabled to assist it considerably more in its little exertions and exercises than by any other method; and, when we consider how delighted children are to be upon their feet, and how much the nurse-maid's relief answers that purpose, it is presumed it will be looked upon as a superior invention. Should the child fall asleep, when abroad, by turning the relief any way, (as

may

may prove the moſt convenient,) the child either ſits, ſtands, or lies, on it, with eaſe, and may be carried ſome miles with leſs fatigue than a quarter of a mile without it.

There likewiſe will be found great aſſiſtance from it in time of ſickneſs, or even when the child is arrived at the age of two or three years.

In the ſecond place, when we conſider the infant bills of mortality, it will appear that good nurſing hath been much neglected or conſiderably miſtaken. Nevertheleſs, it is of the greateſt conſequence; becauſe that infants are ſubject to a complaint that parents are little acquainted with, and which is the chief cauſe of ſo many children's being taken off from the age of four months to three years old.

The bills of mortality exhibit a melancholy proof of this aſſertion; a matter, to the *ſpeculative mind* or *tender parent*, of the greateſt concern; for the average of the annual births is 16283, and the infant burials, 10145; and, what deſerves particular attention, 7987 are

cut

cut off before they are two years old, which is upwards of three-fourths of the number of children who die under the age of five years; an alarming conſideration, and which well deſerves the ſerious attention of every parent.

Every purchaſer of the nurſe-maid's relief is entitled to *this pamphlet*, which explains the cauſe whence this fatality proceeds in general.

To be had, price Five Shillings, of the original inventor, at Numb. 29, *Ludgate-Hill*, two doors from the *Old-Bailey*, from eleven o'clock in the morning till three in the afternoon, Tueſdays, Thurſdays, and Fridays, only.

N. B. All letters, poſt-paid, directed for A. K. as above, will be duly anſwered.

THE END.